

## **ABSTRACT OF THE DISCLOSURE**

2 An exercising device includes a main frame, a support frame  
3 pivotally mounted on the main frame, and an arc-shaped rocking bar fixed on  
4 the main frame. Thus, the rocking bar is arc-shaped so as to satisfy the  
5 ergonomic design, so that the user can operate the exercising device in a  
6 comfortable and safe manner. In addition, the user can operate the exercising  
7 device easily and conveniently, thereby facilitating the user operating the  
8 exercising device.